

Stuffed Cabbage Rolls

1 Cabbage (medium size head)

Filling:

1 lb. Extra Lean Ground Beef
1 cup Cooked Rice
1/2 tsp. Garlic Powder
1 Egg

Sauce:

1 1/2 cups Tomato Juice
1 Tbsp. Vinegar, White or Cider
2 Tbsp. SPLENDA® Granular
1/3 cup Tomato Paste

1. Place head of cabbage in large pot. Add water to cover. Heat over high heat and boil cabbage for 15 minutes, or until soft and pliable. Remove cabbage from heat. Drain and cool completely. Remove hard outer veins from the leaves. Set aside.
2. Preheat oven to 350°.
3. Combine beef, rice, garlic powder, and egg in a large mixing bowl. Stir until well blended. Place a small amount (approx. 1/3 cup) of meat mixture into the center of a cabbage leaf. Fold cabbage leaf over, tucking in the sides to keep meat mixture inside the cabbage leaf. Place cabbage rolls in an 8x8 pan.
Whisk all remaining ingredients together in a small mixing bowl until smooth. Spoon sauce over the cabbage rolls.
4. Bake in preheated 350° oven for 1 hour.

Makes 8 servings.

Nutrients Per Serving:

Total Calories 160
Total Carbohydrate 12.56 g
Dietary Fiber 1.4 g
Sugars 2.52 g